

**The National Alliance for Youth Sports and Harford County
Department of Parks and Recreation present**

Start Smart

Start Smart is an instructional program that helps parents work one on one with their children while teaching them the basics of sports. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. The Start Smart Sports Program typically consists of six (6) sessions. Each session the exercises become more difficult as the class progresses and the children show improvement.



Ages 3-5



Ages 3-5



Ages 4-7

Start Smart can be held at any of our Centers, but are typically held at the Forest Hill / Hickory Activities Center and the Churchville Recreation Center.



Ages 3-5



Ages 3-5



Ages 4-7

For more information on upcoming Start Smart programs, call 410-638-3853 or please visit www.harfordcountymd.gov/parks_rec. Click on the Start Smart logo, located on the lower right hand side, for the most up-to-date flyer.

Harford County Department of Parks and Recreation